

Articles and Illustrations for Lehi Housewives.....

By Specialists in
Home-making
Read The Sun



It is a pleasant thing to reflect upon—that every baby born into the world is a finer one than the last.—Nicholas Nickleby.

WHAT SHALL WE HAVE TO EAT

When there is a cupful or two left of baked or boiled fish, try:

Turban of Fish.—Scald one and one-half cupfuls of milk with one slice of onion, a blade of mace and a sprig of parsley; remove the seasonings. Melt one-fourth of a cupful of butter, add the same amount of flour, half a teaspoonful of salt, a few dashes of cayenne, then add the scalded milk gradually and two well-beaten yolks. Put a layer of fish on a buttered dish, sprinkle with salt and pepper and add a few drops of lemon juice. Cover with sauce, continuing with the fish and sauce, shaping in a pyramid form. Cover with buttered crumbs and brown in a hot oven.

Macaroni and Cheese in the Fireless Cooker.—Boil one cupful of macaroni fifteen minutes, adding one teaspoonful of salt to a quart of boiling water. Rinse, drain and place in a casserole. Fill the dish with milk, stir in one tablespoonful of flour cooked in two tablespoonfuls of butter long enough to blend it. Add one cupful of grated cheese and sprinkle thickly with paprika. Pack in a cooker between two moderately heated radiators, using one radiator as a cover to the casserole. Bake one and one-half hours. Do not heat the stones too hot or the dish will be baked hard and dry.

Salmon Box.—Line a bread pan slightly buttered with warm, cooked rice well seasoned, cooking it in broth of milk if possible. Skim milk will do nicely. Fill the center with cold-boiled salmon flaked and seasoned with salt, pepper and a slight grating of nutmeg. Cover with rice and steam one hour. Turn out on a hot platter and surround with an egg sauce. The egg sauce is a simple drawn butter sauce to which the beaten yolks of two eggs are added with a teaspoonful of lemon juice.

Fried Egg Plant.—Pare and cut in thin slices. Pile the slices on a platter, sprinkling each slice with salt, cover with a plate and weight. Let stand one hour, drain, rinse each slice in cold water, dip in beaten eggs, then in seasoned crumbs and fry until brown.

August brings the snowy lilies, clad in robes of spotless white, walking like a queen among them. As she flings them left and right, lilies pure and lovely crown her, and her dress in every fold wears the semblance of a lily in its dream of white and gold.

SEASONABLE GOOD THINGS.

For the beginning of a dinner a soup of some kind is always in season; hot or cold, they add to the meal.

Corn and Chicken Soup.—Take six cupfuls of chicken broth, add one cupful of corn pulp and half a cupful of cold chicken cut very fine. Season with salt, pepper and celery salt. Simmer half an hour, then add a tablespoonful of butter and half a cupful of milk. Bring to the boiling point and serve. This soup may be thickened with egg yolk, making it more nourishing.

Lamb in Aspic.—Make a highly seasoned soup stock of vegetables, broth or beef extract, using a package of gelatin for each quart of stock. Soak the gelatin and add to the hot stock; stir until dissolved. Mix a plain mold in cold water and pour in a layer of the aspic jelly, keeping the remainder warm. When the jelly in the mold is congealed but not hard, cover with thin slices of cold roast lamb and sprinkle with mint sauce. Cover with more jelly and repeat when the jelly hardens. Continue until the dish is full, having jelly on top. Set on ice to harden.

Veal Croquettes.—Chop cold cooked veal very fine. Season with salt, pepper, grated onion, paprika and a little tomato catsup. Bind with raw egg, or a very little thick cream sauce. Shape into croquettes, dip in egg and crumbs and fry in deep fat.

Raspberry Charlotte.—Take two cupfuls of fresh raspberries, or canned will do, the juice of half a lemon, four ladyfingers, rolled into crumbs, and the whites of four eggs beaten stiff; mix lightly and pour into a buttered baking dish and bake 25 minutes. Serve with a thin custard sauce.

Swiss Eggs.—Spread a stoneware platter with butter and lay on it very thin slices of cheese. Sprinkle with nutmeg and salt, then break over this enough eggs to serve the family. Pour over a half cupful of cream, sprinkle

with salt and bake until the eggs are firm. Serve from the platter.

A commonplace life, we say and we sigh; Yet why do we sigh as we say? The commonplace sun in the commonplace sky Makes up the commonplace day. The moon and the stars are commonplace things. The flower that blooms and the bird that sings; But sad were the world and dark the lot, If the flowers failed and the sun shone not. And God, who sees each separate soul, Out of commonplace lives makes his beautiful whole. —Susan Coolidge.

FOOD FOR THE ILL.

Indigestion, stomach trouble of various kinds as well as intestinal troubles have so many forms and causes that it is never safe to trust one's own ideas in regard to the kind of food one should eat. A physician after diagnosis will give a list of the various foods it is safe to eat; however it is probable that toast which is lightly toasted on the outside, soft and full of moisture inside is unwholesome for the most healthy stomach. Toast should be made of bread at least two days old, cut one-half inch thick and dried for a few moments in the oven to remove any moisture, then while still hot from the oven slowly toasted a golden brown. Too many cooks serve toast by the recipe given by the small boy—"toast bread until black, then scrape it at the kitchen sink."

Eggs, milk and combinations of eggs and milk when carefully prepared in regard to the one who is to eat the dish are foods which will be taken with comfort. Custards of all kinds, cooked just long enough to be smooth and velvety are not monotonous though served often. Fried foods of all kinds should be eliminated as they are especially hard to digest. Fruit juices, jellies, gelatin dishes and sea moss are desserts which may be commonly served in ordinary cases. **Apple Custard.**—Take five well-beaten eggs, add a quart of milk and one pint of strained apple sauce. Sweeten and flavor to taste and bake carefully until firm. Set the pan of custard into a pan of hot water to bake.

With each beating human heart Lie buried out of sight The thoughts that throb like things apart And wait to find the light— From depths unseen the heart's own red Sends forth its flowers like golden-red. —Ida Scott Taylor.

SOME GOOD SUMMER SALADS. In no season of the year are salads as much enjoyed as during the warm weather when the appetite lags and crisp fresh things are most welcome.

Cucumber Jelly.—Cut peeled cucumbers and tomatoes into dice, saving the juice. Season with grated onion, pepper and salt. Dissolve half a package of gelatin in two cupfuls of liquid, add to the vegetable juices, stir until well mixed, cool, cut in cubes and serve in tomato cups with mayonnaise.

String Beans.—Wash the beans and put them to cook with a little bacon fat stirring and cooking for five minutes, then add a very little water, set back where they can simmer, adding a very small amount of water when needed. Season and cook for two hours. Serve hot with curried bacon.

Steamed Radishes.—Cook without peeling, the radishes, and if small, leave whole. Serve in a white sauce, using plenty of seasoning. If boiled, use very little water and reserve it for making the white sauce, so that the nutrient and flavor may be saved.

Corn and Green Peppers.—Cook a medium-sized pepper in sweet fat, then add corn, seasoning and cook until slightly browned. Serve hot.

Icebergs.—Dissolve two cupfuls of sugar in three cupfuls of water (boiling); cool, add three-fourths of a cupful of lemon juice, color leaf green and freeze. Serve in stemmed sherbet glasses. Put a teaspoonful of cream de menthe in each glass, sprinkle with finely chopped nuts, using almonds, filberts, pecans and walnuts in equal proportions. These may be used with the meat course, or between courses, or as a finish to the meal.

Sicilian Sorbet.—Press a can or an equal amount of fresh peaches through a sieve, add one cupful of sugar, two cupfuls of orange juice, two tablespoonfuls of lemon juice, and when well mixed freeze.

Neenie Maxwell

All Women Like Pretty Clothes

Standardizing Fashions to Gain
Saving Sure Not to Meet
Milady's Approval.

COMBINATIONS ARE IN FAVOR

Materials Used Together Afford Frock
Which Needs Little Trimming—
Frills for the Slender
Young Woman.

We may talk of overalls and uniforms as much as we like, observes a prominent fashion authority, but the love of pretty clothes inherent in every woman never will be suppressed. Those who work toward standardizing fashions for women cherish a vain hope. It is not because women are extravagant that they insist on pretty clothes, for a woman will really work to get what she wants in her dress. She will shop carefully to be sure of the best values and search for dress-makers who will carry out her ideas inexpensively.

Why should we wear overalls? If we adopt overalls and uniforms even to help reduce the cost of living—and it is doubtful whether it would make any great difference in this—we would in time feel as stupid as the



Pale yellow organdie dress with fluted ruffles which is a frilly hot weather outfit that appeals.

overalls look. In a dress of this sort we are limited in the choice of both design and color—and color and pretty clothes may both be said to be synonymous with charm.

Make Their Dresses Over.

One way of economizing in dress is by giving thought to our selection in the first place and choosing a style that we can easily change. The idea of making a dress over from one fashion to another is typically English. Thus it is quite easy to understand why many English novelists have dressed their heroines from trunks in the family garret. One can imagine that no dress is ever thrown away by an Englishwoman, for she expects that either she or some of her descendants will wear it.

English Sateens Again in Vogue

There was a time when we would have scoffed at the idea of wearing a sateen dress. Now dresses of English sateens are quite in the mode. It is amazing the beauty certain materials acquire directly they become fashionable. We might all become style creators if we had the courage to buy materials when they are not popular and make frocks so pretty that everybody would want to copy them. Of course, when a material such as sateen becomes fashionable its makers give more attention to bringing out pretty patterns. The sateens of this season look like fountains. There are some with white backgrounds and small conventional designs in bright reds and blues, with here and there a dash of black, that are charming. Then, there is a brown sateen, with a conventional design in white, with accents of black, that is smart.

Design Adapted to English Prints.

In a model of English sateen the background of the material is white and the little spots are bright red outlined with black. The sash and

In decided contrast to ours, the Parisienne who makes any pretense of being smart would not wear a second season dress. Whereas, the Englishwoman wears her clothes year after year because they are good clothes and becoming to her, the French woman has absolutely the dress of the hour, which is always a model or a copy of one from a well known firm and which bears the cachet of the best designer's approval for the moment. The smart Parisienne wears this dress almost continuously for a short period. Then she is never seen in it again, but takes up the next smart thing. The Englishwoman during the same period will wear a different dress every day and will keep on wearing this same dress intermittently for a period of months. The American woman makes a happy compromise between the two.

For Summery Dresses.

A great many of this summer's dresses show a combination of two materials. There is more back of this idea than might appear on the surface, for such a frock needs very little in the way of trimming. As it is always easier to visualize a frock with some definite color in mind, I would suggest a slip of white Swiss dotted in soft blue, with a narrow sash and a long collar of plain white organdie continuing to the bottom of the skirt. Or the entire dress may be of bright red Swiss, with white dots and a long white organdie collar caught in at the belt and under the hem of the skirt. A hat of peanut straw, bright red in color, the brim bound with white organdie and the crown swathed with a scarf of the same material, may complete the costume. Or the straw crown may be removed and one of white organdie substituted.

Another pretty effect is achieved through using two different materials for a frock by making a plain foundation dress, consisting of a straight gathered skirt and simple bodice of white organdie. Over the skirt is placed a side plaited tunic of coral colored Swiss, which is open at the front, and a coral overwaist almost like a bolero. The latter is gathered at the waistline and opens at the front so that a wide white panel is revealed from the neckline to the hem. Still more color is introduced by a sash of inch-wide grosgrain ribbon of real ocean blue. You may like to work out this model in beige Swiss over white, with a navy sash, or in lavender and white, with a green sash.

For the Slender Woman.

Young girls like frills. So, for the slender young woman the frock in bright colored Swiss organdie is evolved. The hues in which the organdies may be had are ravishing. For instance, there are various flame shades, and as the material is thin a pretty effect is attained by making one shade over another. That is, if a light flame color is chosen the slip may be a bright red. Two pastel shades, such as pale green over a soft blue, give a lovely effect. Brown over coral and brown over yellow are suggested as combinations. All the frills are picot edged, so it is not such a task to make this frock as one would suppose. If one wishes, the fichu may be of white organdie for becomingness, although a smarter effect is attained by making it the same color as the dress.

Since organdie is distinctly a hot weather material, still another model evolved from it is of a very soft green, just a bit lighter than the shade known as jade. It has an apron skirt. A very fine old-fashioned looking white braid and a white sash make the trimming.

Wax Porch Floors.

Thoroughly scrub the porch floors and when dry have them waxed with any of the good floor waxes. After this treatment the floors should be polished with a polishing brush just as one would do in polishing hardwood floors. This method preserves the floor, and after the porch is treated in this manner one does not have to put water on it during the entire season. Have the porch gone over daily with a broom or a floor mop. Much time is saved thus in hot weather, and a porch treated in this manner always looks well.

FALL FROCKS MAKE THEIR ENTRY



Now that it is a settled fact that one piece dresses for fall share popularity with suits, for general and street wear, it is agreeable to find that the new models on display are very trim and neat looking. There is a vogue for intensely feminine styles, and this promotes the liking for frocks to take the place of suits on the street and elsewhere. Suits themselves are rarely built on severe lines, although there is never a time when a plain suit, beautifully tailored, need make any excuse for itself, it is always good. But the fall season promises a variety of styles and ornamentation in frocks that are of substantial materials and destined to do much service. All these circumstances pave the way for such smart examples of the one-piece frock as that shown above. They are made, as suits are, of dependable wool fabrics in dark colors—serge, twill, broadcloth, duvetyn and the like, and a little study of these models will impress some new style points on the mind. In the frock which is shown above, a decoration on the skirt, of braid, simulating a neat looking embroidery, is a new departure. The longer waistline is an important item as is also the wide satin girdle with half-length sash fashioned with long fringe at the end. Embroidery, like that on the skirt, emphasizes the jacket effect in the bodice and defines the cuffs on the three-quarter length sleeves. There is a plain narrow vestee of duvetyn, with little round buttons set in a row, which may be in a vivid or quiet color, or there may be two or three vestees furnished for one dress, so that one may change to suit occasions. This is a dashing little frock with a decided Spanish flavor, that may be carried out in the hat worn with it. There is a mere suggestion of it in the small headpiece with upturned brim that has been chosen and shown in the photograph.

SWAN SONG OF SUMMER HATS



SUMMER hats, so far as designers of them are concerned, will soon be a thing of the past, for designers are always looking forward and fashioning headwear for the days to come. But they force their thoughts away from summertime reluctantly; one is sure of that when the last of their efforts—the hats of late summer—make their appearance. They seem to be the most exquisite of all millinery, real poems of apparel—like the fabled last song of the swan—sweeter than all others.

A hat like that shown at the top of the group is entitled to more than a brief season, since it is a beautiful and comparatively simple style. It has a round, well-proportioned crown of chrysanthemum braid, and a wide brim which may be of any light, smooth braid or of a sheer fabric. For trimming there is a band and bow of ribbon about the crown, old blue in color, that makes a delightful background, like the summer sky, for a flat wreath of small flowers posed against it. Sometimes a similar shape in leghorn or hemp or other braid in a light color dispenses with the ribbon band, has the flowers massed against the crown, and both crown and wreath veiled with malines. The de-

signer might have left off here and still have presented a pretty and creditable hat to the season; but a fact of fine black chantilly lace, falling away about the edge of the under brim, gives this particular model an individual and distinctive touch, immensely becoming and full of class. At the left of the group a representative of Paris holds its charmed own, in a leghorn shape covered with rose petals made of organdie. It has a black velvet band about the crown terminating in a bow. One can imagine it in white or in any pale tint and picture a thing of beauty to the mind. In the hat at the right lace braid is applied to a straw shape of a different color. For trimming it is a band and rosette of narrow velvet ribbon, the rosette resembling a blossom. It is centered with a small embochon and each of its loops tipped with a jet bead. There are hanging ends of velvet ribbon, at the end of each a little jet ornament. A mere description cannot do justice to this handsome decoration of velvet ribbon.

Julia Bottomly